



Train in a full time martial arts centre.  
Relax in our on site snack bar before or  
after your work out or while waiting to  
pick up the kids.

### *Our Facilities Offer*

- Matted Training Area
- Showers
- Snack Bar



### *Specialists in*

- TRADITIONAL KARATE
- SPORT KARATE
- SELF DEFENCE
- COMBAT FITNESS CLASSES
- CONFIDENCE BUILDING
- KIDS & ADULT CLASSES

### *Separate classes for*

- KIDS
- ADULTS
- BEGINNER, INTERMEDIATE &  
ADVANCED LEVELS
- PRIVATE LESSONS AVAILABLE

### *We also hold regular -*

- GRADING EXAMINATIONS
- COURSES/SEMINARS
- TOURNAMENTS
- SOCIAL & FUND RAISING EVENTS

### *Affiliations*

The club is a registered dojo with the  
following organisations,

- English Karate Governing Body
- Shukokai Union (Japan)
- Samurai Karate International
- Shukokai Karate Samurai  
(England)

**MEMBER OF MAIA**



**SEE ATTACHED LIST FOR LESSON TIMES**

# **SAMURAI KARATE INTERNATIONAL (UK)**



## *Central Dojo*

**18A West Street, Hereford**

**Hereford's only full time  
Martial Arts Centre**

**Punch Bags  
Jab Pads  
Professional Instruction**

**Parents, take advantage of our  
drop and shop class every  
Saturday morning**

**01432 378181**

## CLUB INSTRUCTOR

Central dojo has a host of senior and junior instructors. All of which have been trained and qualified through our very strict instructors program All senior instructors are qualified with the EKGB, the only karate governing body recognised by the sports Council (Sport England)

### Chief Instructor



Sensei Tom Beardsley 6th dan

The club's senior Instructor is Tom Beardsley. Tom has been teaching karate in Hereford since 1976 and has taught over 50 local students to the rank of Black belt.



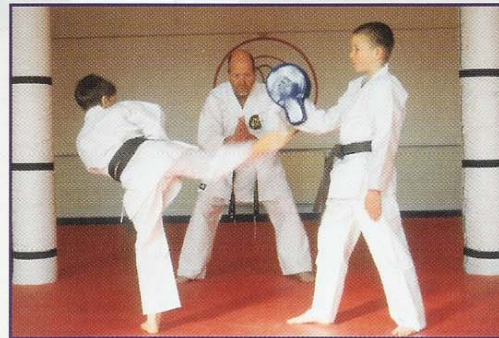
## What we offer For Kids

Separate classes for children are a must! Central dojo not only offer separate lessons but segregate age groups, Ideal for the very young and the young adult

### For Adults

Adults benefit from specialised training to suit their needs. We also have a large number of female participants joining our ranks so practical self defence is high on the agenda

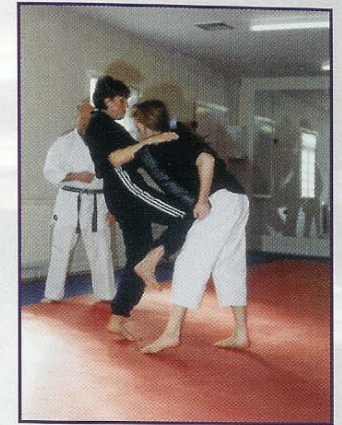
## Shukokai Karate



The karate taught at the central dojo is Shukokai, this style is a very effective karate system, incorporating fast attacking and defensive movements combined with avoidance drills and power strikes.

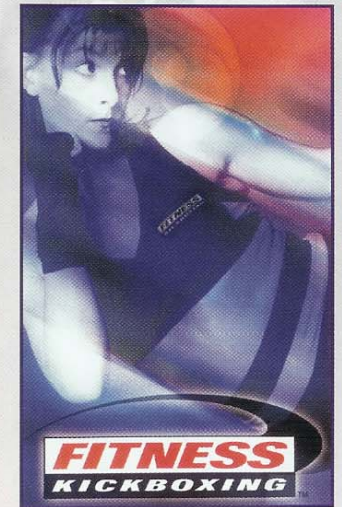
## Fighting Fit Class

If you do not want to try our traditional classes but still want to get fit and learn some effective self defense skill, this is the class for you.



## Fitness Kickboxing

Supercharge you workout with our fitness kickboxing class. Bored with a mindless workout or would like to try something new, give us a call. Beginners starting every week.



**CENTRAL DOJO**

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Hereford**

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